



EMERGENCY FIRST AID SUPPLIES



CHECKLIST

This checklist is a starting point to help make sure you don't overlook any important items. Customize this checklist based on your own needs so you're prepared for anything!

MEDICAL CREAMS

- Sunblock
- Vaseline
- Burn creams
- Dressings

BLISTER TREATMENTS

- Molefoam
- Moleskin
- Medical tape

PROTECTIVE SUPPLIES

- Goggles
- Surgical mask
- Plastic gloves

CLEANING SUPPLIES

- Antiseptic cream
- Sterile saline solution
- Sterile cotton swaps & Q-tips
- Antiseptic wipes

WOUND TREATMENTS

- Irrigation syringe
- Sterile gauze pads
- Band-aids
- Ace bandages
- Triangle bandages
- Tegaderm
- Steri-strip
- Suture kit
- Iodine
- Tourniquet

OTC MEDICATIONS

- Ibuprofen (Advil)
- Acetaminophen (Tylenol)
- Diphenhydramine (Benadryl)
- Aspirin (Bayer)
- Sudafed

OTHER MEDICATIONS

- Throat lozenges
- Dramamine
- Cranberry extract
- Oral rehydration
- Anti-histamine